

Issaquah Senior Center

Newsletter

March 2020



CITY OF
ISSAQUAH
WASHINGTON

Questions? Give us a call (425) 392-2381
or visit us online at issaquahwa.gov/seniors

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi (Drop In) 9:00 AM	Panera Delivery 9:00 AM	Intermediate S.A.I.L. Fitness Class 9:30 AM	Hand and Foot Card Game 10:00 AM	Intermediate S.A.I.L. Fitness Class 9:30 AM
Strength & Balance Fitness Class 10:30 AM	Mahjong 9:00 AM	Beginning S.A.I.L. Fitness Class 11:00 AM	Writing Your Family Story 10:00 AM March 12 and 26	Beginning S.A.I.L. Fitness Class 11:00 AM
Bridge 10:00 AM	Operation School Bell Knitting Group 10:00 AM	Mindfulness 11:00 AM March 4 and 18	Happy Hookers Knitting 11:00 AM	CCS Lunch 12:00 PM
Coffee Talk 11:00 AM March 2 and 16	Let's Talk About It 10:30 AM	Lunch 12:00—12:45 PM	Lunch 12:00—12:45 PM	Pinochle 12:30 PM
Lunch 12:00—12:45 PM	CCS Lunch 12:00 PM	BINGO 12:45-1:30 PM March 11	Yoga 1:15 PM	Issaquah Food Bank Delivery 12:30 PM
BUNCO 1:00-3:00 PM March 16	Pinochle 12:30 PM	Book Club 1:00 PM March 4 and 18	Tech Help 2:00-4:00 PM	Mahjong 1:00 PM
Yoga 1:15 PM	Matinee Movie 1:30 PM March 10 and 24	Sing Along 1:00 PM March 4	Line Dancing 2:45-3:45 PM	<i>*See inside for more event and details. *</i>
Chair Yoga 2:45 PM	Manicures 2:30 PM March 10 and 24	Caregiver Support Group 1:30 PM March 25	Senior Center Hours: M-F 8:30 AM-4 PM and W 5:30—9 PM	75 NE Creek Way Issaquah, WA 98027



Happy St.Patrick's Day !

Due to an All-City Meeting on Thursday, March 26
the Issaquah Senior Center will open at 9 am.

Lunch Contribution Increases by 50 cents

Both Catholic Community Services (CCS) and the City of Issaquah are raising the price of the lunch contribution by 50 cents. New suggested contribution prices are:

\$4.50 for adults 60 and older

\$6.50 for anyone 59 and younger

Remember this is a contribution and you can give any amount you would like.



Meet Privately with a Social Worker

Schedule your appointment with Rebecca, social worker, during her one day a week schedule at the Senior Center. No income restrictions; anyone can talk with Rebecca. She can help you navigate local resources and help tackle a wide variety of issues and obstacles you may be facing. She helps seniors access transportation, get groceries delivered, sign up for affordable housing, and more.

March Schedule: Thursdays, March 5, 12, 26 and Monday, March 16 from 10 am-2 pm.

Sign up at the front desk for your private, thirty minute appointment.

We have information about King County Senior Property Tax Exemption and City of Issaquah Utility Discount program for low-income seniors.

Please stop by the front desk to pick up the application forms.

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Issaquah Senior Center
75 NE Creek Way
Issaquah, WA 98027
425-392-2381

Annette Brooks	Cook
Don Burnett	Van Driver
Ingrid DeHaan	Trip Coordinator & Van Driver
Amanda Hefner	Front Office
Patricia Klingler	Front Office
Zach Lisson	Interim Supervisor
Sandy Morris	Front Office
Terri Moschetto	Cook
Tina Riehl	Front Office
Dave Sao	Activity Night & Van Driver
Wes Sorstokke	Van Driver
Dave Waggoner	Van Driver
Katharine Wismer	Program Coordinator

The Issaquah Senior Center is free to 55 years and older adults. You are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk with a valid photo I.D. to register. There may be fees to participate in some classes and programs. Please inquire at the front desk about how to register for classes and programs.

Trips and Transportation

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings in the area. Sign up in person, or over the phone today!

- Please arrive 15 min before the trip leaves.
- Vans are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.
- To be mindful of other participants, please do not wear any fragrance on field trips.
- Please allow those with motion or mobility challenges to sit in the front row.

Thursday, 3/5

Burke Museum of Natural History & Culture (Seattle) 9:30am-3:00pm

When you arrive at the new Burke Museum (recently re-opened back in October), a soaring lobby will beckon you with icons of Washington's natural and cultural heritage. You will be welcomed in the Coast Salish style by a monumental piece of contemporary Native art commissioned especially for the New Burke. Sit for a moment at the feet of a mastodon, then pass beneath a beaked whale diving from the ceiling as you begin your journey through the museum. The Burke Museum's collection consists of more than 16 million biological, geological and cultural objects from Washington state and around the world; over 10 million are accessible through their online database. Afterwards we will have lunch at Ivar's Salmon House on Lake Union. Moderate walking at your own pace with seating options throughout.

Transportation Fee: \$15.00 Admission: FREE

Wednesday, 3/11

Lunch Bunch: Secret Garden Tea Room (Summer) 12:00 pm-3:00pm

BACK BY POPULAR DEMAND! The Secret Garden Tea Room is located in a beautiful Victorian mansion in Sumner, WA. The charm of the original Queen Anne and Italianate architecture provides an elegant, yet warm ambiance in which to enjoy a luncheon tea. Our lunch/tea is scheduled for 1 pm, costing \$22.50, which will include a pot of tea or other beverage, a cup of their soup of the day, scones with Devonshire cream, jam & lemon curd and your choice of a variety of salads or sandwiches. Wine and desserts are also available for an additional fee. After lunch, we'll have time to browse through their lovely gift shop, stocked with tea-time treasures and a variety of delightful gifts, fanciful jewelry and clothing, and charming accents for your home. Light walking. (*Maximum Capacity 13*)

Transportation Fee: \$9.00 Admission: FREE!

Friday, 3/13

Padilla Bay National Estuarine Reserve (Mt Vernon) 9:00am—4:00pm

The Padilla Bay National Estuary is a special place to visit! When you enter the Breazeale Interpretive Center, you're invited to browse through the exhibits where you can learn about the Salish Sea, the mud flats and the extensive eelgrass in the bay. Move through to the aquarium and observe sea stars, urchins, and other marine life. The center is also a birder's paradise, featuring everything from winter eagles to flocks of shorebirds. In addition, you'll have the opportunity to visit the center's theater and library. Weather permitting, you'll be able to stroll on their nearby trails and have the opportunity to see eagles, herons, ducks, and other birds that live there year round or pass through on their migratory paths. Bring your binoculars, just in case! Afterwards, we will have lunch at the Skagit Valley Farmhouse, then drive by the lovely fields of daffodils on our way home. Moderate walking at your own pace with seating options throughout.

Transportation Fee: \$20.50 Admission: FREE!

Trip Refund Policy: Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee. No refunds or credits will be processed 3 days before start.

Trips and Transportation Continued

Friday, 3/13	Hiking Along Issaquah Creek with Dave Kappler	9:00am—11:45pm
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Join Dave Kappler on a three mile, mostly level trails as you visit parks and trails along or near Issaquah Creek. We'll start the hike from the senior center. Questions please call Dave Kappler at 425-652-2753. No charge.

Tuesday, 3/17	Lunch Bunch: Finaghty's Irish Pub (Snoqualmie)	10:45am—1:15pm
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Happy St. Patrick's Day! Come celebrate at Finaghty's, a great little Irish pub with a real pub atmosphere, Harp and Guinness on tap and an excellent menu with your favorite Irish dishes as well as typical pub fare. Light walking.

Transportation Fee: \$6.25 Admission: FREE

Monday, 3/23	Coast Guard Nautical Museum (Seattle)	9:30am—2:00pm
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The Coast Guard Nautical Museum Northwest displays nautical items, ship models, Coast Guard memorabilia and more than 15,000 photographs dating from the mid-1800's. Extensive periodicals and research materials are available as well. Thousands of additional Coast Guard related items are also housed there, including part of the USS Constitution and the rudder of the HMS Bounty, a number of lighthouse and buoy lenses, old and new uniforms, ship's wheels, binnacles, a Coast Guard flag from the first Space Shuttle flight and much more. **Everyone must have a government issued photo ID with them.** Afterwards we will have lunch at the nearby Pyramid Ale House. Moderate walking with seating options throughout.

Transportation Fee: \$11.25 Admission: FREE

Wednesday, 3/25	Microsoft Visitor's Center (Redmond)	9:30am—1:30pm
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Experience the past, present, and future of Microsoft. Take a self-guided tour, interact with displays and presentations, get hands-on with the latest in artificial intelligence, bring your imagination to life in their Minecraft display, and more. And don't forget to check out the amazing Microsoft Store to see the latest technology and pick-up exclusive Microsoft branded products that you can't get anywhere else. Afterwards we will have lunch at the very good Pomegranate Bistro. Moderate walking.

Transportation Fee: \$11.25 Admission: FREE

Monday, 3/30	Nisqually Red Wind Casino and Buffet (Olympia)	9:30am—4:00pm
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The Red Wind Casino will be providing their own bus to bring our group to their complex which boasts multiple restaurants, bars, card & table games, keno games & slots. The Buffet lunch price is \$15.95 and seniors receive a 15% discount. Lunch is served from 11:00AM – 3:00PM. They also have a 24-hour Deli if you want to eat at a different venue with the 15% senior discount. Minimal walking. Transportation is free!

Transportation Fee: FREE Admission: FREE

<u>METRO with Dave</u>		
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Friday, 3/20	Metro Day with Dave —Bellevue Arts Museum	10:15am—4:15pm
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The 2020 *Metro Day with Dave* season starts with an Eastside destination, the Bellevue Arts Museum. BAM's focus is on art, craft, and design, which is unique among art museums in the US. There is a Docent-led tour of the Museum each day at 1:00pm, or you can explore on your own schedule. Lunch will be on own at one of the many nearby restaurants. Museum admission: \$15 (adults), \$12 (seniors). One way bus fare: \$2.75 (adults), \$1 (seniors with a RRFP ORCA card). **Full trip details will be available at the end of February.** Join Dave on this trip and experience how easy it is to get to the Bellevue Arts Museum by transit! Contact Dave for more info: 425-221-2503.

<p>Reminder! The Senior Center accepts the following forms of payment: Cash, Check, Visa or MasterCard—Credit cards accepted over the phone</p>

Health and Fitness

TAI CHI—QI GONG

Tai Chi—Qi Gong, a Chinese traditional art of wellness. Practice fluid movements synchronized with deep smooth breathing, relaxation and full concentration. This two-part (Qi Gong 18 Forms—Tai Chi 24 Forms) health improvement technique is in essence a meditation-in-motion. It keeps the mind cool and tranquil, enhances body energy and improves balance.

MONDAY 9:00AM

Fee: FREE

STRENGTH AND BALANCE

This class focuses on building strength and muscle using different forms of resistance, such as traditional weights, bands, balls, and isometric movements. We also work on balance and stamina. This class is the perfect addition to the Wednesday and Friday Intermediate S.A.I.L. class, or add it to your weekly workout regimen to get that added resistance and balance focus. This is a higher-intensity class designed for the more mobile adult. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet with the instructor and get equipment.

MONDAY 10:30-11:30 AM

Instructor: Barbara Scott

Fee: \$50.00/10 classes

INTERMEDIATE S.A.I.L. *(Stay Active & Independent for Life)*

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling. Intermediate S.A.I.L. is a higher-intensity class designed for the more mobile adult. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

WEDNESDAY & FRIDAY 9:30-10:30 AM

Instructor: Barbara Scott

Fee: \$50.00/10 classes

BEGINNING S.A.I.L. *(Stay Active & Independent for Life)*

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling. Beginning S.A.I.L. is a slower-paced class designed for beginners or those with limitations and can also be done from a chair or walker. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

WEDNESDAY & FRIDAY 11:00 - 12:00PM

Instructor: Barbara Scott

Fee: \$50.00/10 classes

Tech Help *with Michelle Winterstein*

AVAILABLE EVERY THURSDAY 2:00-4:00PM

Bring all your computer and technology related questions—she can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. **Sign up at the front desk for a 20-minute timeslot**

Health and Fitness continued

YOGA

Yoga Alliance certified instructor Barbara Stevenson uses the Viniyoga approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

MONDAY & THURSDAY 1:15 - 2:30 PM

Instructor: Barbara Stevenson

Fee: \$8.00/class



CHAIR YOGA

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and well-being. Reduce stress and try this ancient wellness practice.

MONDAY 2:45 - 3:45 PM

Instructor: Barbara Stevenson

Fee: \$7.00/class

MINDFULNESS

Mindfulness is a way to reduce stress, increase resilience, reduce blood pressure, and improve emotional regulation. No experience necessary. Drop-in once or often.

WEDNESDAYS, March 4 and 18

March 18: Guest Speaker, Steve Wilhelm

11:00 AM—12:00PM

Instructor: Katharine Wismer

Fee: FREE

LINE DANCING

Exercise your body & mind by line dancing to lively music. Dancing styles covered in class are Country Western, Swing, Tango, Cha-Cha, Waltz, and more. No dance experience or partner necessary.

THURSDAY 2:45 - 3:45PM

March 12: No Class

Instructor: Spencer Howard

Fee: FREE



ISSAQUAH PARKS & RECREATION

Activities for Seniors

Did you know Issaquah Parks & Recreation facilities includes the Community Center, Julius Boehm Pool and Senior Center?

Senior Gold Pass Annual Fees

- City of Issaquah Residents: \$60
- Non-Residents: \$72

COMMUNITY CENTER

- Pickleball
- Walking Track
- Exercise Classes
- Tennis & Friends
- Personal Training

JULIUS BOEHM POOL

Lap Swim

M-F 6:30am—3:30pm

Sat 1:00pm—6:00pm

Sun 11:00am—4:00pm

Deep Water Exercise

M, T, Th, F 8am-8:45am

Move & Flow Water Exercise

M, W, F 10am-10:45am

GRANDKIDS & ME

- Toddler Time
- Mini Sportsters
- Basketball
- Open Swim

SOCIAL ACTIVITIES and EVENTS

India Association of Western WA (IAWW) offers weekly programming on Mondays at Issaquah Senior Center for seniors. IAWW staff are present to support and guide individuals on transportation, healthcare, insurance, legal services, housing, resources for families and more. Schedule includes :

- 10.30-11.30 am: Chair & Laughing Yoga
- 11.30-12.30 pm: Refreshments & Assistance
- 12.30: Music & Games

Every Monday from 10:00 am to 12:45 pm.



Coffee Talk

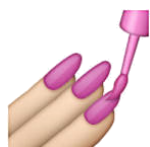
March 2: Coffee Talk open forum discussion with Zach Lisson & Brian Berntsen.

March 16: Join us for a community conversation on about the 2020 Census. Learn about the importance of the 2020 Census count and hear about the steps we can take to ensure that all residents are knowledgeable and comfortable filling it out. **Coffee talk runs from 11am to 12pm.**

Sing Along The Issaquah Senior Center welcomes Jack Ballard to lead the monthly Sing Along program. Jack has composed, produced and has lead music gatherings for many years. **Wednesday, March 4 from 1-2pm.**



BUNCO Join us for this fun dice game that requires zero skill! **Monday, March 16 from 1:00pm-3:00pm.** Sign up at the front desk in advance.



Manicures Come enjoy a free manicure brought to you by the volunteers of the National Charity League. Sign up the day of at the front desk. **Tuesday, March 10 and 24 at 2:30pm.**

Movie Matinee Join us for popcorn and a movie.

Tuesday, March 10 at 1:30pm: Ladies in Black — Set in the summer of 1959, when the impact of European migration and the rise of women's liberation is about to change Australia forever. Lisa, aged sixteen, takes a holiday job at the prestigious Sydney department store, Goodes. There she meets the "ladies in black," when she is assigned to assist sales ladies Patty and Fay. 2019. Rated PG. Runtime 1h 49 minutes.



March Birthday Celebration Celebrate your birthday during our monthly birthday celebration and *lunch is on us!* Birthday celebrations are on the second Wednesday of the month during lunchtime. Show your picture I.D. at the front desk and get a free lunch! Birthday cake provided by *Aegis of Issaquah*. After lunch, stay and play BINGO! **Wednesday, March 11 at 12pm**

BINGO Come early and enjoy lunch before the game.
Wednesday, March 11 from 12:45—1:30pm



Origami Learn the art of folding paper to make 3D creations. Join others as we learn together how to make a variety of treasures.
Fridays, March 13 and 27 at 10:30 am.

Trip Committee Want to have input on our future trips? Attend this meeting and be part of the decision making discussions. **Monday, March 16 at 1pm**

SOCIAL ACTIVITIES and EVENTS (continue)

Classes and Programs Planning Committee Provide input in our future activities and programs and be part of the decisions. **Tuesday, March 17 at 1pm**



Pizza with a Purpose - Join Zack Lisson, Interim Senior Center Supervisor, and Brian Berntsen, Parks & Rec Deputy Director, for an update on what's happening at the senior center and time to answer your questions. **Monday, March 23 at noon.**

Movie Matinee: Tuesday, March 24 at 1:30pm: Late Night - A late-night talk show host's world is turned upside down when she hires her first and only female staff writer. Originally intended to smooth over diversity concerns, her decision brings about unexpectedly hilarious consequences as the two women who are separated by culture and generation become united by their love of a biting punchline. 2019. Rated R. Runtime 1h 42 min.



Caregiver Support Group facilitated by Senior Center Staff— Join with other caregivers to create a supportive community. **Wednesday, March 25 at 1:30pm.**

Activity Night

*Join us every Wednesday from **5:30-9:00 PM** for card games and a variety of other activities!*



Driftwood Sculpture Class—Every Wednesday

6:00-8:30 PM

Bring out the beauty in found wood from the beach, lakes and even your own backyard. Join a class today and become the artist you never knew you were. Bring an old towel and some wood if you have a piece. Some wood might be available. Tools will be provided. *Fee: \$5.00 drop-in Beginner Kits: \$8.00*

Issaquah Amateur Radio Club - Wednesday, March 4

7:00-9:00 PM

The Issaquah Amateur Radio Club (IARC) is a group of Amateur Radio Operators (HAMs) who meet the first Wednesday of each month at the Senior Center. They discuss what's happening in the HAM Radio world, and often a program presentation and more discussion. The meeting is open to the public and anyone who may be interested or curious about HAM radio. If you have any questions contact John KA7TTY at 206-276-6759.



Wii Bowling—Wednesday, March 11

5:45-8:00 PM

Wii Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist. Players can adjust the speed of their throws by swinging the remote faster, and can add spin to the ball by twisting their wrist as they throw. Come join the “Issaquah Senior Center Bowling League!” No experience needed.

Share Your Stories —Wednesday, March 11

6:00-8:15 PM

Don't miss your opportunity to be interviewed and have your stories recorded. Share them with your family for years to come. This community volunteer project pairs teens and seniors together. Help local youth learn how to listen and communicate in a fun interview project. And leave with a free copy of your audio recording! **Sign-up at the front desk.** Interviews for 6-7pm or 7:15-8:15pm: ***Schedule your interview for March 11***

EDUCATION and ARTS

Reading Nutrition Labels—Join Barbara Scott to learn how to decipher the food label. For you to make healthy nutrition choices, you have to first understand which nutrients are included in a food. The food label, a required component of nearly all packaged foods, provides a large amount of useful nutrition information to help you make healthy choices, but it can also be a source of confusion and misunderstanding. **Monday, March 2 at 1-2 pm.** Registration required at the front desk.

Book Club Join other seniors for this unique book club! Come and share what you are reading and learn about books that others are reading. All are welcome to join in and discuss books! **Wednesday, March 4 and 18 at 1:00pm.**



Safety Talk with Community Resource Police Officer Ryan Smith. Join us for a discussion on safety tips for seniors followed by questions and answers. **Thursday, March 5 at 12:30pm to 1:00pm.**

Death Plan Brainstorm—What kind of music comforts you? Who do you want to speak at your funeral? Often, loved ones are left guessing at some of the preferences that are not covered by legal documents. Outlining a death plan can be a beautiful way to develop your own wishes and communicate those with loved ones. **Wednesday, March 11 at 10:30am to 11:30am.** Registration required at the front desk.

Writing Your Family Story Before It Is Lost Want to pass on your family stories to younger generations? Join others to learn to capture engaging & entertaining stories that your family will treasure. No writing experience needed. Feel free to attend, even if just to listen. **Thursday, March 12 and 26 at 10am.**

Beading Workshop with Kelly Leask — Learn basic jewelry, clasps, and skills to make your own creations. *Sponsored by Fairwinds Redmond.* **Thursday, March 12 at 11am to 12pm.** Sign up at the front desk.

Stop The Bleed – Presented by Overlake Hospital. Blood loss is the leading cause of preventable deaths in mass casualty events like shootings, terrorist attacks and earthquakes. Significant external bleeding can also result from everyday events such as a motorcycle crash or industrial accident. Rapid control of bleeding at the scene of an event can be lifesaving. In this class, learn how you can provide basic bleeding control as immediate frontline aid until first responders arrive. **Thursday, March 12 from 1-2:30pm.** Registration required at the front desk.



Mindfulness Guest Speaker: Steve Wilhelm — While we age, pain happens. Some pain is inevitable, but by practicing mindfulness we can be in the moment more often and be less distracted by the mind chatter. In this session we'll discuss the difference between pain and suffering. Steve has practiced mindfulness meditation since 1990. A retired journalist, he teaches meditation in Kirkland through Eastside Insight Meditation. **Wednesday, March 18 from 11am to 12pm**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

EDUCATION and ARTS

Statewide Health Insurance Benefits Advisors (SHIBA) A trained SHIBA volunteer will meet with you *privately* to answer questions in the areas of Medicare, Medigap, Medicaid and long term-care insurance. *Private appointments* available the third Thursday of the month. **Thursday, March 19 at 10am, 11am, or 12pm.** Registration required at the front desk.

Moving To A Simpler Life Hosted by Elder Move Alliance. If your home is getting overwhelming, or you are ready to put time into yourself, your family, and your friends instead of your home and yard, this is the free seminar for you! Learn from experts what is involved in downsizing, and how to make your move to a simpler life as easy as possible! Free lunch and door prizes both days. Please sign up at the front desk or call the office.

- **Day 1:** Overview of services: What services are available to help Seniors? Want to age in place? How to straighten out your affairs so you will be ready? **Thursday, March 19, 9am to 1pm**
- **Day 2:** The move itself: What types of senior housing are available? Clearing out all the excess possessions, prepping the house, timing the sale, moving into the new, easier life, and hanging on to all that money your home just made you! **Thursday, March 26, 9am to 1pm**

Wisdom Café — Please Listen We may think we listen well to others, but do we? Being a good listener means we really hear and understand what others are saying. How do you know when you have been heard and when you are listening well? **Friday, March 20 from 1-2:30pm.**

Learn to Sew Little Dresses (or "Pillowcase Dresses") for children in Third World Countries. You'll be given supplies (fabric, bias binding, and thread) and instructions on how to make these adorable dresses. **Wednesday, March 25, 10am to 12pm.** Registration required at the front desk.

Help Others with Memory Loss using the Validation Method—Have you ever struggled with knowing what to say to someone with Memory Loss? In this workshop on the Validation Method learn an empathetic way of communicating with those who are experiencing memory loss, that gives the individual a way to express their feelings and decreases their anxiety and provides relief. Our instructor is Traci Wagner, Regional Director of Memory Care and Programming at Sunrise Senior Living. **Wednesday, March 25th from 1-3 PM** Registration required at the front desk.

Making History Memoir Workshop (4 sessions) (with "Writing Your Family Story") In this *Making History* workshop you'll participate in a comprehensive easy method of exploring the times of your lives against a backdrop of historical events. This workshop covers the three decades of the 1960s, 1970s, and 1980s, and four categories from the author's book *Making History*. Participants learn and receive:

- Entertaining romp through four chosen categories and three decades
- Detailed instruction in the "Write to Remember Rules"
- Handout of writing topic suggestions/questions for each category
- Class discussion of interpretation and sharing methods
- Notebook for writing memory vignettes in class
- Time to write, share, and listen to stories

March 26, April 9, April 23 and May 14 from 10am to 11:30am. Registration required at the front desk.

BABY BOOMER BOOTCAMP

SUNDAY, MARCH 29, 1:00-5:00 PM

Hosted at Issaquah Senior Center

Opening Keynote by Dr. Jim Demaine, MD

"Our Lives, Our Choices"

Jim Demaine, MD shares his thoughts about the difficult choices we often face about care at the end of our lives. Dr. Demaine speaks and blogs about end of life issues. What is the meaning of a "Good Death"? How can we make our wishes known and respected? How can we talk to our loved ones and doctors? What is available with hospice and palliative care? How can we understand all the available options for life support. Dr. Demaine will share his personal stories having been with many patients and families at the end.

Refreshments will be served courtesy of University House Issaquah.

Please RSVP at (425) 392-2381 by March 27 as space is limited.

2:00-2:45 PM

Helping your Parents Plan Ahead for Senior Living and Care – Abby Durr, CSA,
Owner, Silver Age

In this talk, Abby will share tips for positive conversations with your parents about their options. She'll go over how to identify the right time to hire help or move to a community, and how to create a plan that will support your parent's independence and well-being.

Healthy Eating: Strategies to Reduce Barriers for Long-Term Success – Courtney Riffe, RD, CD, RSG, Era Living

Join Dietitian Courtney to review key factors for improved nutrition, along with ideas to implement and sustain healthy changes! We will review strategies to stay on track while grocery shopping, cooking at home and eating out. Healthy recipes and a grocery shopping guide will also be provided!

3:00- 3:45 PM

Health Care That's Your Care – Bonnie Bizzel, MBA MEd, Honoring Choices PNW

How do you make sure that the health care you're getting fits what you want? Start by knowing what you want. We'll play games and tell stories to identify personal values and goals. Then, we'll translate it to the health care you want to receive.

If You Don't Move it, You Lose it – Lindsay Lambert, Owner -Paddling Yogini LLC & One Mind Yoga

A discussion on the dangers of sitting too long or being sedentary, followed by a demonstration of basic breathing and stretching techniques that should be done on a daily basis to keep help oxygenate your blood, promote healthy circulating through the body, and to keep your muscles/joints/tendons/ligaments functioning properly.

4:00 PM CLOSING KEYNOTE

Strategies for Increasing Natural Sleep – Dr. Diane Gillespie – University of Washington
Emeritus Professor

EDUCATION and ARTS continued

Excerpt from *Writing Your Family Story Workshop*

The Writing Your Family Story group meets on second and fourth Thursday of the month at 10 am. If you wish to submit a story or you have questions about the group please contact Jan Pelroy at 253-335-3242.

Duck Swann

By Dave Prochazka

The teachers and principal at my segregated, Georgian high school had fraternity paddles that they used at will to discipline students. The paddle was 3 feet long, 2 inches wide, and 3/8 inches thick, with a grip handle carved at one end. I can assure you there was no “spare the rod and spoil the child” mindset.

One day in biology class, the student behind me, Benny Dalmus, was poking me in the back with the sharp point of a compass. I asked him to stop three times. The first time I quietly asked him to stop and even raised my hand to get the teacher’s attention. I didn’t get the teachers attention, so the second time I said, “stop poking me” so loud that the whole class turned around. Nothing stopped him, though – he just laughed. On my third request to stop, I yelled, “Benny if you don’t stop poking me, I will slug you!” Again, everyone in the class turned around from the noise.

Benny continued to poke me, so I stood up and slugged Benny so hard that I knocked him out of his desk onto the floor. I was immediately marched down to the office of the principal, Mr. Duck Swann, and told to put my head in a pigeonhole. A pigeonhole is 12 x 12 inch box located about 6 inches off the floor. Before I could tell my side of the incident, I received 6 extremely hard paddle licks with my head in the box and my bottom in the air. Mr. Swann may have been old, but he must have been athletic because he sure could swing that paddle.

My bottom hurt. I was confused and mad but mostly baffled that I wasn’t allowed to explain. Then Mr. Swann asked me how I would handle this situation in the future. I replied, “I would hit him a hell of a lot harder.” Mr. Swann turned red as a beat. He said he was going to call my father and grabbed the paddle again. I yelled that I wish he would call my father and not to hit me again.

I’m really glad he didn’t try to hit me again, because as mad as I was, I’m sure I would have fought back and that certainly would have resulted in me being expelled. Somehow, I managed to explain what happened. He didn’t call my father and didn’t try to hit me again. I did not receive any further punishment, which really surprised me. As far as I know, nothing was done to Benny for poking me or the teacher for his inaction, but Benny never messed with me again.

Senior Center Information

Senior Center Access

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs.

Trip Refund Policy Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee. No refunds or credits will be processed 3 days before start.

Senior Center Scholarships

City scholarships are generously funded by individual, corporation, and community group donations. To receive a recreation scholarship or discount, applicants must meet the City's income eligibility requirements and live in Issaquah. City Scholarships are available at the Senior Center via a generous scholarship donation from the Pelroy family. To apply, talk to Zach Lisson, interim manager.

Meals on Wheels

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call 206-448-5767.

The Issaquah Senior Center does not endorse any advertiser, speaker, program or product that is represented in any class, advertisement or function in our facility. It is the responsibility of participants to make informed decisions concerning these issues. The Issaquah Senior Center also is not responsible for injury, loss, or illness to anyone participating in any activity, program or class on the premises.

Community Center and Pool Information

Senior Gold Pass

For only \$60 a year for residents (\$72 for non-residents) a Senior Gold Pass includes use of the Community Center and Julius Boehm Pool. If you are 62+ years of age and live within the City of Issaquah boundaries you qualify for the resident Gold Pass. Proof of address will be required at the time of registration. Scholarships are available.

Community Center Indoor Track—425-837-3300

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). In total, 11.3 laps equals a mile!

Julius Boehm Pool—425-837-3350

Join us for any of the aquatic exercise programs!



Fit to the Core: A hard core aerobic workout to improve strength, muscular and cardio endurance, and sensory feedback using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides. Classes held Monday, Tuesday, Thursday & Friday, 8:00-8:45am.

Move & Flow: A workout tailored for people recovering or dealing with pain. This program is a great way to move and keep muscle function without impact on your joints. Classes held Monday, Wednesday & Friday, 10:00-10:45am.

Hours	Mon-Fri	Sat	Sun
Community Center	5:00 AM-9:00 PM	8:00 AM-4:00 PM	11:00 AM—5:00 PM
Pool (Lap/Public Swim)	6:30 AM-3:00 PM	12:30 PM-6:00 PM	11:00 AM—4:00 PM

March 2020

Monday, Wednesday, Thursday - Lunch is casual and available from 12:00-12:45pm
Tuesday and Friday - CCS Lunch is seated and served promptly at 12pm

Mon	Tue	Wed	Thu	Fri
2 Breakfast for Lunch Chef's Choice Dessert	3 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potatoe Fries Mixed Berries	4 BBQ Chicken Potato Salad Baked Beans Dessert	5 Broccoli Cheese Soup Turkey Sandwich Fruit Dessert	6 Cream of Mushroom Soup Egg Salad Sandwich Berry Crisp
9 Beef Marconi Bake Broccoli Cantaloupe Dessert	10 Honey Dijon Chicken Potatoes Beets Peaches	11 Birthday and Bingo Steak Ranchero Rice, Salad Dessert 	12 Beef Burrito Refried Beans, Rice Guacamole, Sour Cream Dessert	13 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar
16 Cheese Burger Fries Coleslaw Fruit & Dessert	17 Corned Beef & Cabbage Potatoes & Carrots Biscuits Apple & Cinnamon	18 Chicken Soup Corn Bread Fruit Dessert	19 Breakfast for Lunch Chef's Choice Fruit Dessert	20 Lime Fish Zucchini Linguine Strawberry & Rhubarb Compote
23 Pizza with a Purpose Salad, Fruit, Dessert 	24 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll Orange	25 Baja Chicken Rice Mixed Veggies Fruit Dessert	26 Spinach Pasta Bake Coleslaw Fruit Dessert	27 Lemon Pepper Baked Cod Potatoes Au Gratin Dessert
30 Breakfast for Lunch Chef's Choice Fruit	31 Chefs Salad w/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	<p>Suggested Contribution: \$4.50 for 60+ years old \$6.50 for under 60 years old.</p> <p>This Menu is subject to change. Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.</p>		

